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# **MEETING HOUSE ECHOES**

Edith A. O'Leary Senior Center

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**Summer 2006 – Volume 6**

**North Reading, MA 01864**

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**Department of Elder Affairs**

Tel: 978-664-5600

Fax: 978-664-6077

**Senior Center**

157 Park Street

Third Meeting House  
on the Common

**Senior Center Hours:**

Mon.-Thur. 8am-4pm

Fri. 8am-1pm

**Director**

Mary S. Prenney

**Clerk**

Mark Meehl

**Van Drivers**

Marty Dickman

Mechele Cronin

**Meal Site Manager**

Mary Rollins

**Home Delivered Meals**

**Driver**

Brenda Bugden

**Council on Aging Board**

Jan Berry, Chair

Atty. Michele Modica,

Vice Chair

Marie Berndtson

Eleanor Fritsch

Gloria Mastro

Dr. Khalid Syed

**Representatives to**

**Council on Aging**

Joseph Veno, Selectman

Sgt. Mark Zimmerman,

N. R. Police Dept.

Captain Barry Galvin,

N. R. Fire Dept.

**COUNCIL ON AGING MISSION STATEMENT**

The Council on Aging advocates for older adults by helping to meet their needs in areas of health, economic, social and cultural welfare. The Council encourages maximum independence and seeks to improve the quality of life of citizens of the Town of North Reading.

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***From the Director – Mary Prenney***

**Summer....**Is the perfect time to stop by and “cool” off at the Senior Center. Come for lunch or just a cup of coffee and good conversation. It’s always a pleasure to see old friends or make new ones. Come on by you won’t be disappointed!!!

**Program Highlight – “Blood Pressure Clinic”** – Sue Swansburg, a registered nurse has been the Public Health nurse for North Reading the past 2 1/2 years. Prior to this, she worked at Massachusetts General Hospital for 9 years on a neurology floor.

As a public health nurse, Sue runs a blood pressure clinic every Monday from 1-2pm at the Senior Center, as well as a monthly blood pressure clinic at the Peabody Court Housing Authority. She also runs all of the flu clinics for the town in the fall.

Another aspect of her job is to investigate any communicable disease cases that are reported in North Reading (hepatitis, salmonella, TB, meningitis and pertussis) to ensure these residents are receiving care, and that they are taking precautions not to spread the diseases. She also investigates the lyme disease cases although this disease is not contagious.

Sue has lived in North Reading for the past 20 years with her husband Jack and a son Kevin.

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**BEAT THE HEAT**

**STAY HYDRATED-DRINK SIX TO EIGHT 8OZ GLASSES OF  
WATER A DAY**

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***Our goal is to help North Reading Elders safely age in place with dignity and independence in the homes and in the community which they helped build...because there is no place like home!!!***

## DINING AND TRANSPORTATION

### SENIOR DINING at the CENTER

Monday-Friday

Noon-\$1.50 Donation

(Call before 10:30am day before)

### HOME DELIVERED MEALS

(formerly Meals on Wheels)

Mystic Valley Elder Services

781 324-7705, Extension 300

### “FREE” VAN TRANSPORTATION

In Town – Local Errands

Family Medical Center, Wilmington

Lahey Satellite Clinic, Wilmington

Market Basket Shopping Center-

1<sup>st</sup>-Tuesday of the Month

(Call one day in advance for ride)

***All Programs are at the Center and are free unless otherwise noted\****

## HEALTH & WELLNESS

### BLOOD PRESSURE SCREENING

Monday-1pm-no appointment needed

*Edith A. O’Leary Senior Center*

1st Thursday–1:30pm-2:30pm

*Common Room-Peabody Court*

**BEST**–*Pat Brennan, Instructor*

**(Balance Energy Strength Training)**

Meets 9am Monday mornings and works toward strong bones, energized muscles and better balance.

**EXERCISE**–*Emma Palmer, Instructor*

Meets 9:30am Tuesday & Thursdays

Involves gentle stretching, toning and strengthening.

### FRIENDLY VISITOR PROGRAM

If you or someone you know would like a visit from one of our “friendly”

volunteers or would like to be a “friendly” visitor, please call 978-664-5600.

### ELDER CARE ADVISOR-*Michelle*

*DerVatanian* from Mystic Valley Elder Services is available every 2<sup>nd</sup> Tuesday (by appointment) at the Center to offer information, advice and education in a confidential setting to elders and their families

### CARD GAMES

Tuesday-Thursday-1:00pm

### BINGO

Every Wednesday –1:15pm

2<sup>nd</sup> & 4<sup>th</sup> Monday- 1:15pm

**SENIOR CHORUS**-Friday-10:15am

Singing is good for the mind, body & soul!

*Marcia Cutlip, Director*

## DAY TRIPS

### Senior Center Trips –

**Call:** Millie Lytle 978-664-4867  
Pauline Geleas 978-664-2976

October 11-14 – Washington, D.C.

### N. Reading Recreation – 978 664-6016

September 6 – Ronan Tynan - Mohegan  
December 2 - New York City for a Day

## UPCOMING EVENTS

### July 17-Speaker “Diabetic Solutions”

July 24-Bingo & Lunch w/Reading

Seniors

July 27-Lunch in the *Ipswich River Park*

### August 7- Speaker “Lifeline”

August 15-3<sup>rd</sup> annual “Hellofit” Day

August 27-Lunch in the *Ipswich River Park*

## **GROWING WISER**

**Mystic Valley Elder Services, Inc. (MVES)** provides information, services and resources to elders and caregivers in North Reading. The agency helps seniors live safely in their homes through comprehensive programs, most of which are low cost or free, depending on income. For more information, call MVES: 781 324-7705.

### **ELDER FIRE SAFETY PROGRAM**

**Reminder**-The North Reading Fire Department has available **free** working smoke detectors and is offering **free** installation and testing of existing smoke and/or carbon monoxide detectors. Call the Center 978-664-5600 for more information.

### **MEDICARE ??? MEDICARE PART "D"??? OR JUST TOTALLY CONFUSED**

A **SHINE** (Serving Health Insurance Needs of Elders) counselor is now available every Tuesday afternoon at the Senior Center to help answer your questions and fill out applications. Call 978-664-5600 for an appointment.

### **Town of North Reading Website**

If you can't wait for our next newsletter or misplaced your Transcript, you can now find out about our services and programs online. We hope our new website will be useful to many seniors and their families who are not able to get in touch with us during working hours. You will also be able to see in advance a monthly calendar of events and a monthly menu.

[www.northreadingma.gov](http://www.northreadingma.gov)

## **Lyme Disease Season**

Lyme disease season is back. Lyme disease is a bacterial infection that is spread by the deer tick that is about the size of a period at the end of a sentence. The deer tick must be attached for at least 24-48 hours to spread the disease. If you see a red bull's eye surrounding the tick bite or any other peculiar rash call your physician. It can also cause, fever, headache, stiff neck or joint pain.

Prevention begins with YOU. Remember when you are outside to use repellents that contain DEET, wear light colored clothing, long sleeved shirts, and tuck pants into socks. Check yourself, your family and pets after coming inside. If you find a tick use a pair of fine point tweezers to grip the tick as close to the skin as possible and pull straight out with steady pressure.

## **AAA ROADWISE REVIEW**

AAA Roadwise Review is a computer program now available at the Senior Center. It is created to help seniors drive safely longer. It is a test to identify health and fitness issues that affect driving by enabling people to check visual, mental and physical responses. It will help identify steps to reduce your risk behind the wheel conveniently and confidentially. Please call the Center for more information.

### **THANK YOU**

**NRFD-Captain Barry Galvin and Crew-**

For the installation of smoke detectors and carbon monoxide detectors.

**Washington Street Dunkin Donuts -**  
For your Tuesday & Thursday breakfast donuts.

**Barbara Thomas** Donation of bookcases

## **NEW MEMBERS NEEDED**

***North Reading Council on Aging*** has an opening for a new board member and associate members. Please call the Greg Balukonis, Town Administrator if interested 978-664-6002.

***"Friends" of the Council on Aging*** is a newly organized non-profit charitable organization to support and enhance the good works of the Senior Center. Come join the flourishing group of concerned citizens for North Reading Senior Citizens. Call Carol Lundgren 978-664-0151 or Barbara Thomas 978-664-4575 for more information.

## **IMPORTANT NUMBERS**

Christian  
Community Service ... 978-276-0040  
N. Reading  
Housing Authority..... 978-664-2982  
Alzheimer's ..... 800-548-2111  
Elder Abuse ..... 800-922-2275  
Medicare ..... 800-882-1228  
Office of  
Elder Affairs .....800-882-2003  
Social Security.....800-772-1213  
Mass Health .....800-841-2900

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